

Child Obesity

INFORMATION FOR ADULTS WHO CARE ABOUT CHILDREN

Why does it matter?

- Children become overweight for a variety of reasons.
- Overweight children are at high risk of becoming overweight adolescents and adults.
- Child and adolescent obesity is associated with increased risk of emotional problems.
- In the United States at least one child in five is overweight.
- While preventing child overweight and obesity it is important not to encourage weight preoccupation, inappropriate eating habits, and extreme amounts of exercise associated with eating disorders in youth.

Source: National Institutes of Health & SD Dept. of Health

In South Dakota...

Did You Know?

Need More Information?

•Current body mass index measures from the National Centers for Disease Control growth charts are used for determining overweight, at risk for overweight, and

obesity in children and adolescents.

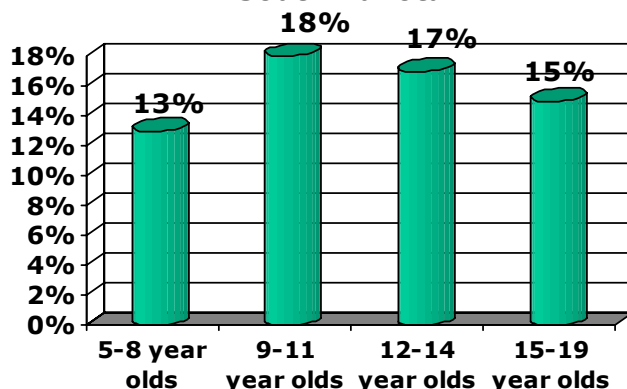
•A child that is considered overweight is defined as above the 95th percentile according to the Body Mass Index (BMI) for age for children of the same age and gender while at risk for overweight was defined as between the 85th and 94th percentiles for children of the same age and gender. Source: SD Dept. of Health

Need more details?

✦The Healthy People 2010 objective 19-3 is to reduce the proportion of children and adolescents who are overweight or obese to a target of 5%.

- The most common causes of child overweight and obesity include lack of physical activity, unhealthy eating patterns, or a combination of these factors. (National Institutes of Health)
- Physical consequences of obesity include increased risk of heart disease, high blood pressure, diabetes, breathing problems and trouble sleeping. (National Institutes of Health)

Percentages of Overweight Students in South Dakota



Source: 2003-2004 SD School Height & Weight Report

•Depression, anxiety, low self-esteem, and obsessive compulsive disorder can occur in children and adolescents who are overweight or obese. (National Institutes of Health)

•In South Dakota, 16.1% of the 127,245 students ages 5 years old to 19 years old that participated in the 2003-2004 SD School Height & Weight Report are "At Risk For Overweight" and 15.8% are "Overweight". (2003-2004 SD School Height & Weight Report)

At Risk For Overweight and Overweight BMI-For-Age By Race

Race	Number of Students	At Risk For Overweight	Overweight	At Risk For Overweight and Overweight Combined
White	21,114	15.7%	14.2%	29.9%
American Indian	3,357	18.1%	25.8%	43.9%
Other Races	815	17.2%	18.1%	35.3%
Race Unknown	1,959	16.8%	14.8%	31.6%
Total	27,245	16.1%	15.8%	31.9%

Source: SD Dept. of Health 2003-2004 SD School Height & Weight Report

-Produced by the South Dakota State Department of Health-

Child Obesity

What Can Parents Do To Help?

- Encourage children to be physically active.
- Be a role model for your children by staying physically active and eating healthy foods.
- Involve children in selecting and preparing foods.
- Have healthy snack foods accessible.
- Limit television watching or computer games for the entire family to one hour.
- Plan a walk or go bike riding after dinner instead of watching television.
- Plan family meals and eat at the dinner table instead of in front of the television or computer.
- Know what your children eat at meals away from home.
- Let your children know that you accept them at any weight.

How Can You Modify Your Family's Diet?

- Cut down on the amount of fat.
 - Reducing fat is a good way to cut calories without depriving your child of nutrients.
 - Eat lowfat or nonfat dairy products, poultry without skin and lean meats, and lowfat or fat-free breads and cereals.

Note: Fat should not be restricted in diets of children less than 2 years of age.

- Don't overly restrict sweets.
- Encourage your child to eat slowly.

Source: National Institutes of Health

For More Information Contact:

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Phone: 1-800-738-2301
Fax: 605-773-5942
<http://www.state.sd.us/doh/famhlth/datasheets.htm>

Is Your Child Overweight?

- If you think your child is overweight, it is important to talk to your child's physician. Physicians will measure your child's height and weight to determine if their weight is in a healthy range.
- A physician will also consider your child's age and growth patterns to determine whether your child is overweight.

What is the BMI?

- The BMI is the Body Mass Index, which provides a guideline based on weight and height to determine underweight and overweight.
- The BMI can be found by calculating: weight (lbs.) multiplied by 703 and divided by the height (in.) squared. $[BMI = \text{wt. (in.)} \times 703 \div \text{ht. (in.)} \div \text{ht. (in.)}]$ or by using a BMI-for-age chart that contains a series of curved lines indicating specific percentiles.
- The interpretation of BMI depends on the child's age, and the difference in body fatness as girls and boys mature.

FAST FACTS

- More than 84% of young people eat too much fat, and more than 91% eat too much saturated fat.
- Only one in five young people eats the recommended five daily servings of fruits and vegetables.
- In the past 20 years, the percentage of young people who are overweight has almost tripled.

Source: National Centers for Disease Control

What is Healthy Eating?

Dietary Guidelines for Americans, produced by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services, gives the following advice:

- Eat a variety of foods.
- Balance the food you eat with physical activity.
- Eat plenty of grain products, vegetables, and fruits.
- Choose a diet that is:
 - Low in fat, saturated fat, and cholesterol.
 - Moderate in sugars, salt, and sodium.